

- Nxa omama abazithweleyo bengakezwa ukudikiza komntwana esiswini kumele belatshwe ngamaphilisi athiwa yiQuinine.
- Nxa omama abazithweleyo sebeqale ukuzwa ukudikiza komntwana esiswini sebengaqla ukwelatshwa nge Coartemether.

Kuqakathekile kakhulu ukuthi omama bonke abazithweleyo bangahlaselwa ngumkhuhlane woqhuqho bayelatshwa ngokuphangisa ukuze bavikele ingozi ezingabangelwa ngomkhuhlane lo.

Umkhuhlane woqhuqho kubomama abazithweleyo njalo bephila legcikwane le HIV

- Kumele omama abaphila legciwane bananzelele njalo bazivikele emkhuhlaneni woqhuqho nxa bezithwele. Isikhathi esinengi omama abaphila legcikwane leHIV bandise ukuhlaselwa ngumkhuhlane we malaria njalo bahlangana lobunzima ngenxa yemalaria.
- Omama abazithweleyo abaphila legcikwane njalo benatha amaphilisi e Cotrimoxazole akumelanga banikwe iSP.

Khumbula! Umkhuhlane woqhuqho uyabulala hamba ekilinika kumbe esibhedlela esiseduzane lawe nxa uzithwele uycetshiswa ngokuvikela umkhuhlane lo.

OKUMELE UBEKWAZI NGOMKHUHLANE WE MALARIA NXA UNGUMAMA OZITHWELEYO



Lolugwalo lulotswhe ngabo gatsha lwezempiakahle lokondliwa kahle kwabantwana besekelwa ngabe UNDP



Umkhuhlane Woqhuqho(Malaria) Kubomama Abazithweleyo

Ukuzithwala kuyehlisa amandla amasotsha avikela umzimba emikhuhlaneni kubomama abazithweleyo, lokhu kufaka omama abazithweleyo engozini yokuthola umkhuhlane woqhuqho ukwedlula abantu bonke jikele. Omama abazithweleyo bahlaselwa ngumkhuhlane woqhuqho isikhathi esinengi kumbe babulawe yilumkhuhlane. Elizweni le Zimbabwe umkhuhlane woqhuqho ngumkhuhlane wesihlanu nxa sikhangelia imikhuhlane ebulala omama abazithweleyo.

Kuyini Umkhuhlane Woqhuqho?

Umkhuhlane woqhuqho (i malaria) ubangelwa yikulunywa yimiyanne ensikazi eyohlobo lwe Anopheles elegcikwane loqhuqho. Umuntu wonke ohlala endaweni ezilomkhuhlane woqhuqho usengozini yokuhlaselwa yilumkhuhlane, kodwa omama abazithweleyo, abantwana abaleminyaka engaphansi kwemihlanu labantu abaphila legcikwane leHIV leAIDS basengozini kakhulu.

Izibonakaliso Zomkhuhlane Woqhuqho

- Ukutshisa komzimba
- Ukutshaywa likhanda
- Ukutshiselwa lokugodola komzimba sikhathi sonke
- Ubuahlungu bamalunga omzimba
- Ukudinwa lokuphela amandla
- Ukuhlanza lokuhuda

Kodwa umama ozithweleyo engaba lomkhuhlane woqhuqho engela zibonakaliso eziqanjiwego, kwesinye isikhathi engezwa ukutshisa komzimba. Umbala olithanga emehlwani (jaundice) ungaba yisibonakaliso somkhuhlane nxa uze ngamandla. Okunye okujwayelekileyo kubomama abazithweleyo yikuthi umkhuhlane woqhuqho uhlasele ingqondo besekusiba lezibonakaliso ezingengokukhulumia izinto ezingewakaliyo lokuqhatsha.

Umkhuhlane woqhuqho kubomama abazithweleyo ungapangela ingozi ezilandelayo:

- Ukuswelakala kwegazi emzimbeni (Anaemia) –lesi singaba yiso isibonakaliso somkhuhlane woqhuqho kubomama abazithweleyo abahlala endaweni ezilomkhuhlane woqhuqho.
- Ukuswela (miscarriage)
- Ukubeletha insuku zingakeneli
- Ukufa komntwana esesesiswini
- Ukungakhuli kuhle komntwana esiswini abesezalwa elesisindo esiphansi kwesikhangelelweyo.

Ukuvikela Komkhuhlane Woqhuqho Kubomama Abazithweleyo

- Omama bonke abazithweleyo abahlala ezabelweni ezilomkhuhlane woqhuqho kumele banikwe amaphilisi okuvikela umkhuhlane woqhuqho athiwa yiSulphadoxine Pyrimethamine(SP).
 - Amaphilisi la aqala ukunathwa nxa isisu sesiqalisile ukudikiza
 - Omama kumele banathe amaphilisi la bekhangelwe ngumongikazi
 - I SP kumele inikwe umama kanye ngenyanga
- Ukusebenziswa kwamanethi alomuthi (ITNs/LLINs)
Amanethi alomuthi ayavikela umkhuhlane woqhuqho uma esetshenziswa nsukuzonke njalo ngendlela eqondileyo.

Omama bonke abazithweleyo abahlala endaweni ezilomkhuhlane woqhuqho kumele balale ngaphansi kwamanethi alomuthi nsukuzonke kungakhangelekile ukuthi yisiphi isikhathi somnyaka

Amanethi alomuthi alungele ukusetshenziswa ngumama kanye lomntwana.

Ukwelatshwa komkhuhlane woqhuqho kubomama abazithweleyo

Kuqakathekile ukuthi omama abazithweleyo abacabangela ukuthi balomkhuhlane woqhuqho baye ekilinika kumbe esibhedlela esiseduzane labo bayehlolwa lo kwelatshwa ngokuphangisa.